






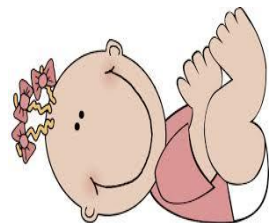




Breastfeeding support is available from our team every day; please call to make an appointment

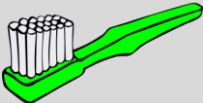
19th February - 29th March 2018 - The Centre is open Monday - Friday (9am-4pm) for information and support for families with children up to 5 years old.

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p>Stay and Play 09:30 - 11:00am (under 5's) Please book</p>  <p>La Leche (Breastfeeding Support) 11:00am - 12:00pm 19th Feb & 19th March Drop in</p>	<p>Healthy Lifestyles Crèche available 9:30 - 11:30am Provided by Hillingdon Adult Education Course full</p> 	<p>Stay and Play 09:30 - 11:00am (under 5's) Please book</p>  <p>Small Talk 9:30 - 11:30am Referral Only</p>	<p>Grandparents Group 9:30 - 10:45 (under 5's) Please book</p> 	<p>Baby Clinic (Weigh & Stay) 9:30 - 11:30am Drop-in Dental Health Team visit 2nd March</p> <p>Childminder's Group 9:30 - 11:30am Come and meet a childminder Drop in</p> 
PM	<p>Fitness Fun (18mths - 5years) 1:00 - 2:00pm Please book</p> 	<p>Rollers & Shakers (0 - 12mths) 1:00 - 2:15pm Please book</p> <p>Crawlers & Cruisers (12 - 24mths) 1:00 - 2:00pm Please book</p> <p>Baby Weaning Workshop 1:30 - 3:00pm, 27th Feb Drop in</p> 	<p>Pop Up Sessions: (18mths - 5years) 1:00 - 2:00pm Please book</p> <p>Creative Spaces 7th March Reggio style craft session</p> <p>Grow Your Own 14th March Understand the world around you</p> <p>Home Learning 21st March Learn through using everyday items</p> <p>Story Time 28th March Interactive story session</p>	<p>After the Bump (0 - 4mths) 1:30 - 2:45 Please book</p> 	<p>Coming Up in April: Wellbeing for Mums A 5 week course for mums who need emotional support</p> <p>Language for Life Supporting your child's speech and language development, within a fun play session</p> <p>Breastfeeding Peer Support Training, Crèche provided</p> <p>Please ask a member of staff for more details</p>

PLEASE NOTE: Due to capacity we would ask you to please arrive on time and please cancel your booking if you no longer need it. Only one Stay and Play session per week can be booked



Ask our team about Five to Thrive for your child 'Building brains for better futures'

	Monday	Tuesday	Wednesday	Thursday	Friday
Midwifery Clinic	Antenatal (9am - 4pm)				Antenatal (9am - 12pm) & Postnatal (1 - 4pm)
Other services	Brushing 4 Life Free children's toothbrushes and paste. <i>Ask a member of staff</i> 	Dietitian, 9:00am - 1:00pm Referral by your GP Yiewsley Ward Councillors Surgery 12:00 - 1:00pm, 20th Feb & 20th March, Drop in	Perinatal Clinic 9am - 4pm Referral Only	Health reviews 8 Month & 2 Year olds 9:30am - 1:30pm Appointments made by Health Visiting Team	2 year old funding Do you qualify for FREE childcare for your two-year old child? To find out more, please speak to a member of our staff team or visit: www.hillingdon.gov.uk/freecildcare
Yiewsley Library		Baby Rhymetime (under 2's) 2:15 - 3:15pm	Conversation Classes 10:00 - 11:00am		Rhymetime (Under 5's) 10:00 - 11:00am
Useful information	Families Information Service - 01895 556489, Community Midwives - 01895 279472, Yiewsley Health Visitors - 01895 452000, P3 Advice and guidance on benefits, housing, work related issues and much more-01895 436114, Hillingdon Talking Therapies- 01895 206 800				

After the Bump	A supportive group for parents of babies aged 0-4 months. Book at reception.
Baby Clinic (Weigh & Stay)	Baby weighing clinic with local Health Visitors, please bring your red book. A Breastfeeding Advisor is also available. Partnership with the Health Visiting and Dental Health Teams
Baby Weaning Workshop	A monthly advice and guidance drop in group for parents weaning their baby, provided by the Health Visiting Team
Breastfeeding Peer Support Training	This is a 12 week course for women who have breastfed and would like to expand their knowledge and support other mothers in breastfeeding
Childminder's Group	Childminders support group, as well as parents interested in meeting childminders.
Crawlers & Cruisers	Stay and Play session for children ages 12-23 months and their grownups to play together. Book at reception.
Fitness Fun	An engaging fitness session to give children the opportunity to explore a range of activities that promote physical development. Book at reception.
Grandparents Group	A support group for Grandparents who are looking after their Grandchildren. Book at reception.
Healthy Lifestyles	Course is designed to encourage learners to adopt a healthy lifestyle. No physical exercise required.
La Leche	A mother-to-mother breastfeeding support group run by La Leche League
Language for Life	A 6-week course designed specifically for parents to learn the skills needed to support language, communication and cognitive development, within a fun play session
Rollers and Shakers	Stay and Play session for children 0-12 months and their grownups with multi-sensory activity. Book at reception.
Small Talk	A speech and language session for the under 5s. If you have concerns about your child's speech and language please call to speak to someone at the Children's Centre.
Stay and Play	Play, story time, songs and a snack for under 5s and their grownups. Book at reception.
Your Bump & Beyond	Free antenatal classes held at all children's centres. Check at reception on how to book.
Ward Councillor Surgery	Yiewsley Ward Councillors available to assist residents with any issues.
Wellbeing for Mums	A five-week programme for mums who are feeling low, isolated, anxious or emotionally overwhelmed. A chance to meet other mums, build a network and learn new skills to help you cope. Check at reception on how to book.

ALSO CHECK OUT CHERRY LANE AND COLHAM MANOR CHILDREN CENTRES TIMETABLES AT www.hillingdon.gov.uk/childrenscentres